

One Day at a Time
Day 8
Pointed in the Right Direction

“I pondered the direction of my life, and I turned to follow your statutes.” **(Psalm 119:59)**

The first step you need to take is to point yourself in the right direction. That direction is toward God. This may seem to be a pat answer, too simplistic for the complexity of your emotions. But it is true. God alone can save you and give your life meaning and purpose and energy again.

“When you finally reach the bottom and when you finally get to the point where everything else is exhausted and your very essence is gone and everything that you had on earth is gone and torn apart, there’s only one way to go,” says Don. “I learned very quickly that Jesus Christ is the only solution and the only way.”

Anne Graham Lotz says, “In the middle of your problems, in the middle of the hurricanes and the storms that come into your life and turn everything topsy turvy, you need to keep your focus on Him. On the days when you lose focus, remember that He stays focused on you.”

You may be thinking, God sure isn’t helping me, but have you asked God for His help and do you trust that God’s answer and timing is best? Each day give your burdens and your requests to God and focus on His lovingkindnes. He will not fail you.

“Let the mornings bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.” **(Psalm 143:8)**

Living God, I turn to You. I have reached my lowest point and there is nowhere else to go but in the direction of You. Save me, Jesus. Amen.